

Baked Steak

Baked steak is a physically easy way to prepare steak. Most steaks can be baked with a favorite sauce on top. Add a few mushrooms or onions, if those are a favorite as well.

Pre Cook Preparation:

Marinate: 1 to 2 hours in the fridge

Honey and garlic sauce, or

Barbecue sauce

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations

Long oven mitts and oven rack puller

Cut meat into bite sized pieces before sitting down

Frozen or canned vegetables can be used

Visual Accommodations:

Use colored chopping boards

Potential Food Allergy or Intolerance:

Beef

Butter (lactose)

Pepper

Spices

Mushrooms

Meatless Preparation Avoid:

Beef

Butter

Substitute with: _____

Utensils:

Fork

Steak knife

Pan: Glass or ceramic oven safe dish with a lid, as large as the meat

Ingredients:

Meat: Choose a 2 pound package of one of the following items:

- Bottom round steak
- Chuck eye steak
- Chuck steak
- Eye round steak
- Porterhouse steak
- Rib steak
- Round tip steak
- Shoulder top blade steak
- T bone steak
- Top loin steak
- Top sirloin steak
- Top round steak, or
- Tri tip steak

Vegetables:

- Baked potato
- 4 ounces of mushrooms
- 1/4 cup sliced onions
- Squash with green beans and ham, or
- Bacon bits

Other ingredients:

- Garlic sprinkled across the top
- Dash of salt
- Spices such as pepper to taste

Preparation time: 10 minutes

Preparation:

1. Place meat in pan.
It will shrink when cooked. However, to verify it cooks evenly, use a pan as large as the meat is to begin with.
2. Add enough water to cover the bottom of the pan, not enough to cover the steaks.
3. Add a dash or two of salt across the meat.
4. Place pan in oven.
5. Place vegetables in the oven at the same time.
Reminder: Baked potatoes take 1 1/2 hours, so plan accordingly.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 2 to 3

Storage Solutions: Individual square plastic container, with, or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

- 1. Place in a microwave safe dish (not plastic).**
- 2. Heat until food is fully hot and reaches a safe temperature.**
- 3. Minimum 1:25.**

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

- 1. Place food in frying pan.**
- 2. Add enough water to almost cover food.**
- 3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.**

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

- 1. Place in oven safe pan.**
- 2. Add a little water.**
- 3. Stir frequently while food heats, until thoroughly warm, about 20 minutes.**

Add your oven time here: _____.